

Adult Day Self-Care Newsletter

September 2022

National Adult Day Services Week: September 18-24, 2022

Adult Day Centers provide many benefits for people with memory loss and their caregivers. In [one study](#), caregivers' time away, which was made possible through access to Adult Day Services, was associated with more positive affect (mood). Caregivers who were employed benefited most. [Another study](#) found that Black caregivers of people with dementia had lower levels of depression symptoms when they used Adult Day Services, compared to Black caregivers who did not. Using Adult Day Services has been found to [improve sleep](#) for people with dementia and their caregivers, which reduced fatigue and may be related to better mood, functioning, and overall well-being. While the published research on Adult Day Services remains limited, [one research summary](#) reports that there is evidence that Adult Day Center participants may improve their mental health, social life, physical function, and quality of life. In spite of the research showing benefits, there are still barriers to accessing Adult Day Services. [One study](#) interviewed hospital discharge planners and found they lacked information and knowledge about Adult Day Services. This suggests the need for outreach and education to let providers and community members know more about this important care option!

Who Uses Adult Day Services?

In September 2021, the CDC National Center for Health Statistics issued a [report](#) describing Adult Day Center participants. The report estimated that over 250,000 people nationwide attend Adult Day Services. Looking closer, they found that:

- The programs served people with and without dementia. In fact, only 28% were diagnosed with Alzheimer's Disease and other dementias.
- Most (64%) needed assistance with three to six ADLs such as bathing, dressing, and walking.
- About 39% were under age 65.
- Most participants were female (57%).
- More than half were people of color, including 22% Hispanic, 17% non-Hispanic Black, and 16% fell into other non-Hispanic categories.
- A large majority (72%) received Medicaid.
- Over half had high blood pressure and many had diabetes (30%) or COPD (7%). Some (18%) had been diagnosed with four or more conditions.



Celebrating Success

The 2022 theme for National Adult Day Services Week is "Celebrating Success and Creating a Roadmap for the Future!" This is the 39th year celebrating this special week to raise awareness of the importance of Adult Day Centers across the US. The first geriatric day programs were set up in 1950s in England, with similar programs opening in the US in the 1960s. There are more than 4600 Adult Day Centers in the US. www.nadsa.org

How to Celebrate Adult Day Services Week

The National Adult Day Services Association offers some ideas for celebrating your program:

Promote your program: Share activities and successes, with testimonials, on social media.

Share stories: Interview people who use services and their family members about how your program helps them live better. Write these up and share (with permission) in your newsletters or on your website.

Describe your approach: What makes your program special and different? This could be a program management strategy, a staff wellness initiative, or a family support strategy.

Brag about your staff: Highlight the great people who make your program a success!

The National Adult Day Services Association [2022 conference](#) will be held in Pittsburgh October 12-14. Click [here](#) for the schedule.

We'd love to hear more about your Center! Please share updates as well as your plans and activities for National Adult Day Services Week.

References for this issue:

- Bangertner, L. R., et al. (2021). Adult day services and dementia caregivers' daily affect: The role of distress response to behavioral and psychological symptoms of dementia. *Aging & Mental Health*, 25(1), 46-52.
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- Liu, Y., et al. (2021). Daily sleep, well-being, and adult day services use among dementia care dyads. *Aging & Mental Health*, 5(S1), 1-9.
- Orellana, K., et al. (2020). Day centres for older people: A systematically conducted scoping review of literature about their benefits, purposes, and how they are perceived. *Ageing & Society*, 40(2), 73-104.
- Parker, L. J., & Gitlin, L. N. (2021). Does adult day service use improve well-being of Black caregivers of people living with dementia? *Innovations in Aging*, 5(4), 1-7.
- Wylie, M. J., et al. (2021). Taking a break: Daily respite effects of adult day services as objective and subjective time away from caregiving. *Gerontologist*, 61(8), 1231-1240.



visit our website www.care2caregivers.com for information on caregiver support groups

Care2Caregivers: New Website

Check out our new and improved [website](#)! You can find the [Adult Day Resources pages](#) through the drop-down menu for the Professional Resources section of the website.

On our website, you will find all the back issues of our newsletter and training materials specifically created for Adult Day Center staff.

The website also includes our [training catalog](#) listing our educational offerings, if you'd like to arrange a custom training for your staff.

Our library of [free brochures](#) allows you to download information and/or order print versions.

Self-Care for Professional Caregivers

As always, you can access the Self-Care resources on our website for free. Use our NEW link:

<https://care2caregivers.com/professional-resources/self-care/>

Upcoming Caregiver Education 2022

Be Prepared, Be Protected:
Strategies for Handling Unexpected
Events While Caregiving
September 20, 2022 1:00pm
Click [HERE](#) to register

Eat Well to Be Well: Supporting
Nutrition and Ease at Mealtime
When Caring for a Loved One with
Memory Loss
October 19, 2022 1:00pm
Click [HERE](#) to register

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